GW732KD

Microwave Oven

Owner's Instructions & Cooking Guide

imagine the possibilities

Thank you for purchasing this Samsung product.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

This manual is made with 100 % recycled paper.

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ENGLISH

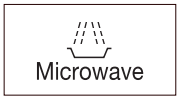
CONTENTS

Quick look-up guide 2
Accessories....3
Oven 4
Control panel....4
Using this instruction booklet....5
Important safety information 5
Legend for symbols and icons....5
Precautions to avoid possible exposure to excessive microwave energy. .5
Important safety instructions....6
Installing your microwave oven 9
Setting the time 9
How a microwave oven works....10
Checking that your oven is operating correctly....10
Setting the energy save mode 10
What to do if you are in doubt or have a problem....11
Cooking/Reheating....11
Power levels 12
Stopping the cooking 12
Adjusting the cooking time....12
Using the india's best feature 13
India's best settings 13
Using the cafeteria feature 15
Cafeteria settings....16
Using the healthy feature 17
healthy settings 18
Using the brunch feature 19
Brunch settings 20
Using the auto rapid defrost feature....22
Auto rapid defrost settings....22
Grilling 23
Combining microwaves and the grill....23
Multistage cooking 24
Choosing the accessories....24
Switching the beeper off....25
Safety-locking your microwave oven....25
Cookware guide 25
Cooking guide 27
Cleaning your microwave oven 36
Storing and repairing your microwave oven....36
Technical specifications 37

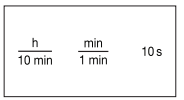
QUICK LOOK-UP GUIDE

If you want to cook some food.

1. Place the food in the oven.
Select the power level by pressing the **Power Level** (🍲) button once or more times.

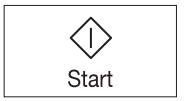


2. Select the cooking time by pressing the **10 min**, **1 min** or **10 s** button as required.



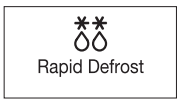
3. Press the **Start** (◈) button.

Result : Cooking starts.
The oven beeps four times when cooking is over.



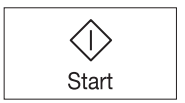
If you want to defrost some food.

1. Place the frozen food in the oven.
Press the **Rapid Defrost** (❄) button once or more times according to the type of food to be defrosted.



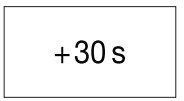
2. Select the weight by pressing the **100g** buttons as required.

3. Press the **Start** (◈) button.



If you want to add an extra minute.

Leave the food in the oven.
Press **+30s** once or more times for each extra 30 seconds that you wish to add.



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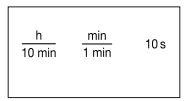
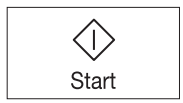
If you want to grill some food.

1. Preheat the grill to the required temperature, by pressing the **Grill** (ᔓ), time settng (**10 min**, **1 min** and **10 s**) and **Start** (◈) button.

2. Place the food on the rack in the oven. Press the **Grill** (ᔓ) button. Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons.



3. Press the **Start** (◈) button.

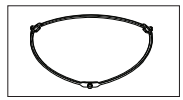


ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

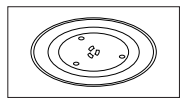
1. **Roller ring**, to be placed in the centre of the oven.

   Purpose : The roller ring supports the turntable.



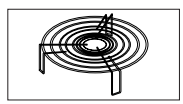
2. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

   Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



3. **Grill rack,** to be placed on the turntable.

   Purpose : The metal rack can be used in grill and combination cooking.



DO NOT operate the microwave oven without the roller ring and turntable.

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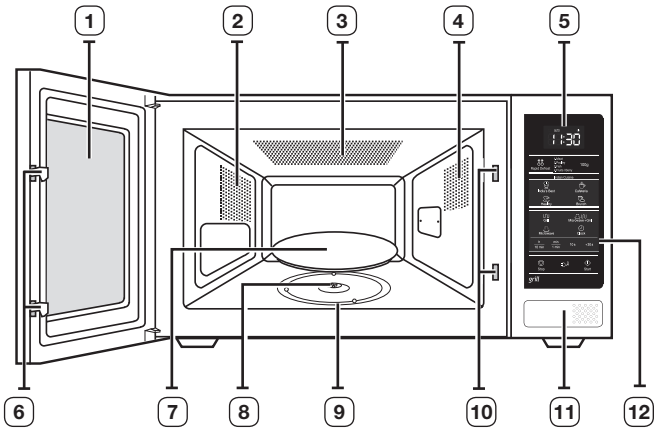
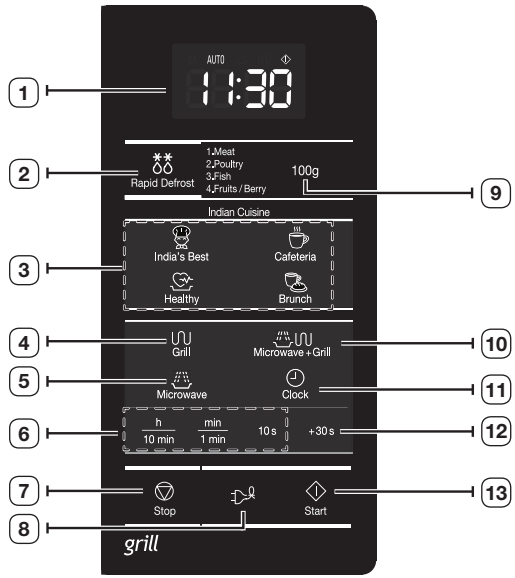
OVEN



1. DOOR
2. VENTILATION HOLES
3. GRILL
4. LIGHT
5. DISPLAY
6. DOOR LATCHES
7. TURNTABLE
8. COUPLER
9. ROLLER RING
10. SAFETY INTERLOCK HOLES
11. OPEN DOOR PUSH BUTTON
12. CONTROL PANEL

CONTROL PANEL



1. DISPLAY
2. AUTO RAPID DEFROST FEATURE SELECTION
3. AUTO INDIA COOK
4. GRILL MODE BUTTON
5. MICROWAVE MODE BUTTON
6. TIME SETTING BUTTON
7. STOP BUTTON
8. ENERGY SAVE BUTTON
9. WEIGHT SELECTION
10. COMBI MODE BUTTON
11. CLOCK SETTING BUTTON
12. +30s BUTTON
13. START BUTTON

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USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

IMPORTANT SAFETY INFORMATION

IMPORTANT SAFETY INSTRUCTIONS.
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Before using the oven, confirm that the following instructions are followed.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in minor personal injury or property damage.

Warning; Fire hazard

Warning; Hot surface

Warning; Electricity

Do NOT attempt.

Do NOT disassemble.

Do NOT touch.

Important

Call the service center for help.

Warning; Explosive material

Follow directions explicitly.

Unplug the power plug from the wall socket.

Make sure the machine is grounded to prevent electric shock.

Note

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) Door (bent)

(2) Door hinges (broken or loose)

(3) Door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

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IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

WARNING				
Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only)	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Children should be supervised to ensure that they do not play with the appliance. Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only)	✓	✓	✓	✓
WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓

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WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓
WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	
WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓
WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓
This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓
This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓
During cleaning conditions the surfaces may get hotter than usual and children should be kept away. (Cleaning function model only)		✓	✓	
Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only)	✓	✓	✓	✓
Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.		✓		
WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.		✓		
The temperature of accessible surfaces may be high when the appliance is operating.		✓		
The door or the outer surface may get hot when the appliance is operating.		✓		

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Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓

⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	

Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Do not touch heating elements or interior oven walls until the oven has cooled down.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓			✓
Install the oven in compliance with the clearances stated in this manual (see Installing Your Microwave Oven)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

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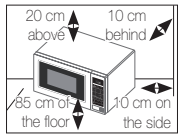
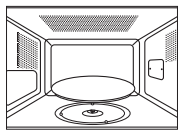
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.
Install the roller ring and turntable.
Check that the turntable rotates freely.



3. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.

Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

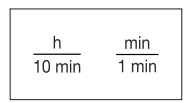
- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

1. To display the time in the...

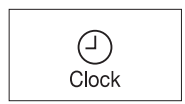
24-hour notation
12-hour notation
Press the **Clock** (🕓) button once or twice

2. Set the hour with the **h** button and the minutes with the **min** button.



3. When the right time is displayed, press the **Clock** (🕓) button again to start the clock.

Result : The time is displayed whenever you are not using the microwave oven.



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HOW A MICROWAVE OVEN WORKS

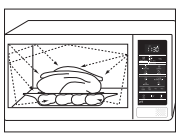
Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Instant Reheat/Cook
- Cook

Cooking Principle.

1. The microwaves generated by the magnetron are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.



3. Cooking times vary according to the recipient used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

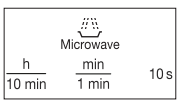
- Even cooking of the food right to the centre
- The same temperature throughout the food

CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. Open the oven door by pushing the large button in the bottom right-hand corner of the control panel.

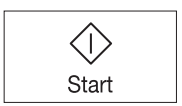
First, place a bowl of water on the turntable. Then, close the door.

1. Press the **Power Level** (Microwave) button and set the time to 4-5 minutes by pressing the **1 min** button the appropriate number of times.



2. Press the **Start** (◇) button.

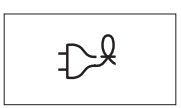
   Result : The oven heats the water for 4 to 5 minutes. The water should then be boiling.



The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use.



- Press the **Energy Save** (Energy Save) button.
- To remove energy save mode, open the door and then display shows current time. The oven is ready for use.

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WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the Start (⏀) button.

- Is the door completely closed?

The food is not cooked at all.

- Have you set the timer correctly and/or pressed the **Start** (⏀) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

If the above guidelines do not enable you to solve the problem, contact your local dealer or SAMSUNG after-sales service.

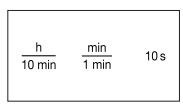
COOKING/REHEATING

The following procedure explains how to cook or reheat food.
Always check your cooking settings before leaving the oven unattended.
First, place the food in the centre of the turntable. Then, close the door.

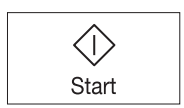
1. Press the **Power Level** (≋) button.

Result : The 750 W (maximum cooking power) indications are displayed:
Select the appropriate power level by pressing the **Power Level** (≋) button again until the corresponding wattage is displayed. Refer to the power level table on the next page.

2. Set the cooking time by pressing the **10 min**, **1 min** and **10 s** button.



3. Press the **Start** (⏀) button.



Result : The oven light comes on and the turntable starts rotating.

1) Cooking starts and when it has finished the oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Never switch the microwave oven on when it is empty.

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POWER LEVELS

You can choose among the power levels below.

Power level	Output	
	MWO	GRILL
HIGH	750 W	-
MEDIUM HIGH	600 W	-
MEDIUM	450 W	-
MEDIUM LOW	300 W	-
DEFROST	180 W	-
LOW/KEEP WARM	100 W	-
GRILL	-	950 W
COMBI I	600 W	950 W
COMBI II	450 W	950 W
COMBI III	300 W	950 W

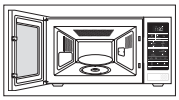
If you select higher power level, the cooking time must be decreased.

If you select lower power level, the cooking time must be increased.

STOPPING THE COOKING

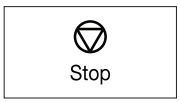
You can stop cooking at any time to check the food.

1. To stop temporarily;
   Open the door.

   Result : Cooking stops. To resume cooking, close the door and press **Start** (◇) button again.

2. To stop completely;
   Press the **Stop** (▽) button.

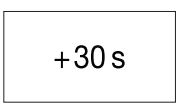
   Result : The cooking stops.
   If you wish to cancel the cooking settings, press the **Stop** (▽) button again.

You can cancel any setting before starting cooking by simply pressing **Stop** (▽) button.

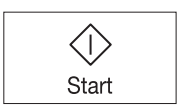
ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **+30 s** button once for each 30 seconds to be added.

1. Press the **+30 s** button once for each 30 seconds to be added.

2. Press the **Start** (◇) button.

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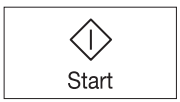
USING THE INDIA'S BEST FEATURE

The Auto India's Best feature has ten pre-programmed cooking time. You do not need to set either the cooking times or the power level. First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **India's Best** (🍲) button once or more times.

2. Press the **Start** (⏀) button.



Result : Cooking starts. When it has finished:
1) The oven beeps four times.
2) The end reminder signal will beep 3 times.(once every minute)
3) The current time is displayed again.

Use only recipients that are microwave-safe.

INDIA'S BEST SETTINGS

The following table presents the various India's Best Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size
1	**Chicken Biryani**	700-750
	Ingredients	
	Boneless Chicken - 250 g Rice - 250 g / Fried Onion - 2 Tomato Puree - 4 tbsp Garlic Paste - 1 tsp Ginger Paste - 1 tsp Red Chili Powder - 1 tsp Black Pepper Powder -1 tsp Turmeric - ½ tsp	Cloves - 3 to 4 Bay Leaves - 2 to 3 Cardamom - 1 Green Cardamom - 2 Black Pepper - 4 to 5 Cinnamon Stick - ½ Oil - 4 tbsp / Coriander to garnish Water - 500 ml
	Recommendations	
	Mix all the ingredients in rice container stir well and cook. Serve hot with vegetable raita or gravy.	
2	**Shahi Paneer**	700-750
	Ingredients	
	Cottage Cheese - 100 g Tomato Puree - 2 tbsp Pure Ghee - 1 ½ tbsp Garam Masala - ½ tsp Green Cardamom Powder - ¼ tsp	Cumin Seeds - ½ tsp Salt to taste / Water - 6 tbsp Tomato ketchup - 2 tbsp Fresh Cream - 1 tsp Dry Fenugreek leaves - ¼ tsp
	< Recommendations >	
	Cut cottage cheese in 1 inch cubes. Add all the ingredients mix well. Cook and serve hot with assorted Indian bread.	
3	**Rismis Matar Paneer**	150
	Ingredients	
	Cottage Cheese - 100 g (diced Peas - 50 g (frozen) Cream - 1 tbsp Garam Masala - ½ tsp Tomato Puree - 50 g	Coriander Powder - ½ tsp Tomato Ketchup - 1 tbsp Pure Ghee - 1 tbsp Water - ¼ cup
	Recommendations	
	Add everything in a bowl and cook. Serve hot.	

GW732KD-B_XTL_DE68-03917H-01_EN.indd 13 2014-05-16 5:56:42

Code	Food	Serving size
4	**Gajar ka Halwa**	500-550
	Ingredients	
	Carrot - 500 g Milk - 1 ½ cup Sugar - 80 g	Khoya 100 g Desi Ghee - 2 tbsp Chopped Nuts - 2 tbsp
	Recommendations	
	In a microwave safe glass dish add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream.	
5	**Chicken Cofta Curry**	400-450
	Ingredients	
	Minced Chicken - 400 g Ginger Chopped - ½ inch chopped Fresh Coriander - ½ cup Salt to taste Fried onion paste - 2 tbsp Ginger Garlic paste - 1 tsp	Oil - 3 tsp Red chili powder - 1 ½ tsp Coriander powder - 1 ½ tsp Turmeric - ¼ tsp Cashew Nut Paste - 2 tbsp Water - ½ cup
	Recommendations	
	In a bowl add minced chicken, chopped ginger, fresh coriander, salt and make small balls of the mixture. In another bowl add fried onion paste, ginger garlic paste, 1 tsp oil and chicken balls than marinate for 20 minutes. In a microwave safe glass bowl add tomato puree, red chilli powder, coriander powder, turmeric, cashew nut paste, salt, oil, water and marinated chicken balls and cook and garnish with coriander leaves. Note : Cover with clear foil and make holes to release steam.	
6	**Amritsari Fish**	600-650
	Ingredients	
	Fish - 500 g / Curd - 2 tbsp Coriander Powder - 2 tsp Ginger Garlic Paste - 2 tsp Dried Mango Powder - 2 tsp Cumin Powder - 2 tsp Red Chilli Powder - 2 tsp	Chicken Colour - 1 pinch Onion - ½ cup (Chopped) Tomato - ½ cup chopped Oil - 1 tbsp Water - 4 to 5 tbsp Salt to taste
	Recommendations	
	Marinate fish with curd, ginger garlic paste, red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.	

Code	Food	Serving size
7	**Maharani Dal**	100-120
	Ingredients	
	Moong dhuli (Yellow lentils) - ½ Cup Water - 1 Cup / Ginger Paste - 1 tsp Oil - 1 tbsp / Salt to taste Turmeric Powder - ¼ tsp Red Chili Powder - ¼ tsp	Dry Mango Powder - ½ tsp Coriander Powder - ½ tsp Curry Leaves - 3 to 4 Whole Green Chilies Slit - 1 to 2
	Recommendations	
	In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.	
8	**Goan Fish Curry**	600-650
	Ingredients	
	Pomfret - ½ kg Cumin Seeds - 1 tbsp Coriander Seeds - 1 tbsp Coconut scraped - ½ cup Ginger Paste - 1 tsp Garlic Paste - 1 tsp	Tamarind - lemon sized ball Oil - 4 tbsp / Fried Onion - 2 medium Tomato Puree - 4 tbsp Red Chilies - 3 to 4 Green Chilies - 3 to 4 Salt to taste / Water - 200ml
	Recommendations	
	Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chilies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients add salt to taste and ½ cup water cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice.	

GW732KD-B_XTL_DE68-03917H-01_EN.indd 14 2014-05-16 5:56:42

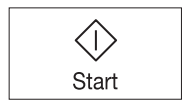
Code	Food	Serving size
9	**Banarasi Kheer**	100-150
	Ingredients	
	Milk - 200 g Boiled rice - 1/3 cup (crushed) Condensed Milk - 4 tbsp Cardamom Powder - ¼ tsp Kewra Essence - 2 drops	Badam paste - 1 tbsp Cottage Cheese - ½ cup (grated) Saffron - 4 strings Pista to garnish
	Recommendations	
	In a microwave safe glass bowl mix all the ingredients and cook and chill for 1 hour. Garnish with chopped pistachio and serve chilled.	
10	**Laziz Bhindi**	220
	Ingredients	
	Okara - 250 g, Tomato - 1 Green Chili -1 Onion - 1 medium Chaat Masala - ½ tsp Garam Masala - ¼ tsp	Sunflower Oil - ¼ Salt to taste Garlic paste to taste optional Degi Mirch - ½ tsp
	Recommendations	
	Slit okara from the middle and keep aside. Blend onion, tomato, green chili and garlic paste in to a fine paste add salt, chaat masala, Garam Masala, Oil and degi mirch remove the extra juice of tomatoes, make it a thick paste. Fill okara with paste and place it in a flat microwave safe dish and cover it with clear foil and make a small hole to release the steam.	

USING THE CAFETERIA FEATURE

The Auto Cafeteria feature has ten pre-programmed cooking time. You do not need to set either the cooking times or the power level. First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Cafeteria** (☕) button once or more times.

2. Press the **Start** (⏀) button.



Result : Cooking starts. When it has finished:
1) The oven beeps four times.
2) The end reminder signal will beep 3 times. (once every minute)
3) The current time is displayed again.

Use only recipients that are microwave-safe.

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GW732KD-B_XTL_DE68-03917H-01_EN.indd 15 2014-05-16 5:56:42

CAFETERIA SETTINGS

The following table presents the various Cafeteria Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size
1	**Dhokla**	300-350
	Ingredients	
	Bengal Gram Flour -250 gm Semolina -60 gm Salt -to taste	Regular Eno -1 tbsp Mustered Seeds -¼ tsp Curry Leaves -3 to 4,
	Recommendations	
	In a bowl mix all the ingredients with light hand and in one direction to pump up the air in the batter. Pour the batter in a greased bowl and put curry leaves on the top. Cook and serve.	
2	**Malai Khumb**	8 pieces
	Ingredients	
	Mushrooms - 8 pieces Boiled Peas - 50 g Cottage Cheese - 1 tbsp Hung curd - 2 tbsp Cheese spread - 1 tbsp	Ginger paste - 1 tsp Corn Flour - 2 tbsp / Oil - 1 tbsp Chopped coriander leaves - 2 tbsp Garam masala - ¼ tsp Pepper - ¼ tsp / Salt to taste
	< Recommendations >	
	Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 15 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture and cook.	
3	**Beans Square**	8 pieces
	Ingredients	
	Cream Cracker Biscuits - 8 Grated cheese - ½ cup Canned Kidney Beans - 50 g Tomato Ketchup - 2 tbsp Red chili powder - ¼ tsp	Green Chillies - 2 / Oregano - ½ tsp Roasted Peanuts for garnishing Fresh Cream - 2 tbsp (chilled) Hung curd - ½ cup / Lemon - 1 tsp Salt to taste / White pepper - ¼ tsp
	Recommendations	
	In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chilies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook. Garnish the biscuits with sour cream and a peanut at the top. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper.	
4	**Oat Hearts**	300-350
	Ingredients	
	Oats -1 ½ Cup / Boiled Potatoes -2 Grated Cottage Cheese -¼ Cup Chili powder - ½ tsp Garam Masal -¼ tsp	Dry mango powder -1 tsp Salt -to taste / Grated Carrot -2 tbs Chopped Coriander -2 tbsp Lemon juice -¼ tsp
	Recommendations	
	In a bowl add mashed potatoes and all the ingredients mix well. Make heart shaped culets and coat them with oats then grill. Serve hot with ketchup.	
5	**Pasta Italian Waves**	400-450
	Ingredients	
	Boiled Pasta - 3 cup Capsicum - 1 diced Bell Pepper - ½ cup diced Onion - ½ cup sliced Carrot -½ cup (sliced)	Sweet Corns - ¼ cup Tomato Ketchup - 1 ½ tbsp Tomato Puree - ¼ cup, Oregano - 1 tsp Cheese - ¼ cup grated
	Recommendations	
	White Sauce : Regular flour ½ tbsp add ½ Cup Milk add salt add pepper. In a microwave safe glass dish add boiled past and all the ingredients mix well and grate cheese above it, cook and serve.	
6	**Dakshini Crspies**	500-550
	Ingredients	
	Bread Slices - 3 / Boiled Potato - 1 Semolina - 2 tbsp / Salt to taste Pepper Powder - ¼ tsp Onion - half (finely chopped)	Tomato - half (deseeded and chopped) Curry leaves - 2 tbsp (chopped) Mustered Seeds - ½ tsp
	Recommendations	
	Cut the bread slices into two half triangle shapes. In a bowl add mashed potato and all the ingredients mix well. Place the mixture on bread slices press gently. Grill on high rack.	

GW732KD-B_XTL_DE68-03917H-01_EN.indd 16 2014-05-16 5:56:42

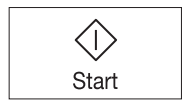
Code	Food	Serving size
7	**Hot & Sour**	250-300 ml
	Ingredients	
	Fresh Tomato Puree - 4 tbsp Readymade tomato puree - 1 tbsp Water - 2 cups / Seasoning Cube - 1	Capsicum - 1 tbsp (finely chopped) Cottage cheese - 1 tbsp (finely chopped) / Cornflour - 2 ½ tbsp Vinegar - 1 tsp
	Recommendations	
	Mix cornflour with normal water and add to all the ingredients except vinegar. Cook and serve hot with vinegar.	
8	**Eggless Chocolate Walnut Cake**	500
	Ingredients	
	Regular Flour (Maida) - 100 g Powdered Sugar - 2 tbsp Butter - 75 gm (preferably unsalted) Milk - ½ cup / Milk Maid - ½ tin	Cocoa Powder - ¼ cup Soda bi carb - ½ tsp Baking powder - ½ tsp Vanilla Essence - 1 tsp / Walnut - 2 tbsp
	Recommendations	
	Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well, transfer to big, greased deep dish of 9" inch diameter. Cook and let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve.	
9	**Tomato & Basil Soup**	200-250 ml
	Ingredients	
	Ready made Tomato puree - 2 tbsp Fresh Tomato Puree - 1 cup Water - 1 cup / Oil - 1 tbsp Cornflour - 1 ½ tbsp	Sugar powder - 2 ½ tbsp Salt & Pepper to taste / Basil - 2 tbsp Butter & soup sticks for serving
	Recommendations	
	Add corn flour in cup and mix with normal water. Add everything in a bowl and cook. Serrve hot with butter and soup sticks.	
10	**Almond Drop Chocolates**	100-120
	Ingredients	
	Dark Chocolate - 50 g Milk Compound - 50 g	Almonds - whole (Gurbandi Amonds, comparatively small almond)
	Recommendations	
	In a glass bowl put both the chocolate compounds. Dip the almond in melted chocolate and put them on a greased tray and freeze for 8 minutes. And serve.	

USING THE HEALTHY FEATURE

The Auto Healthy feature has ten pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Healthy (** **)** button once or more times.

2. Press the **Start** (⏀) button.



Result : Cooking starts. When it has finished:
1) The oven beeps four times.
2) The end reminder signal will beep 3 times. (once every minute)
3) The current time is displayed again.

Use only recipients that are microwave-safe.

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HEALTHY SETTINGS

The following table presents the various Healthy Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size
1	**Pineapple Stir Fry Salad**	500-550
	Ingredients	
	Canned Pineapple - ½ Cup (Diced) Fresh Pineapple Juice - ½ Cup (Blanched & Diced) Carrot - ½ Cup (Blanched & Diced) Zucchini - ½ Cup (Blanched & Diced), Baby Corns - ½ Cup (Blanched & Diced) Beans Sprouts - ½ Cup (Blanched & Diced) Cabbage - ½ Cup (shredded)	Red & Yellow Bell Pepper - ½ Cup (diced) Spring Onion (white part) - ½ Cup (sliced) Spring Onion (Green part) - ½ Cup (chopped) Oil - 2 tbsp Soya Sauce - 2 tsp Red chili flakes - 1 tsp Powdered Sugar - 1 tsp Salt - to taste
	Recommendations	
	Mix all and cook.	
2	**Vegetable Hariyali**	300-320
	Ingredients	
	Carrot - ¼ cup French Beans - ¼ cup Cauliflower - ¼ cup Peas - ¼ cup / Baby Corns - ¼ cup Coriander - ½ cup	Garlic - 1 tsp / Green Chilies - 1 tsp Coconut Milk - ½ cup Milk - 2 tbsp / Butter - 1 tsp Oil - 1 tsp / Lemon Juice - ½ tsp Salt to taste
	< Recommendations >	
	In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time.	
3	**Lemon Chicken**	210
	Ingredients	
	Boneless chicken - 200 g (cubes) Roasted Coriander seeds crushed - 2 tbsp	Chili Flakes - 1 tbsp / Oil - 2 tsp Lemon Juice - 5 tbsp Onion - 1 (rings) / Salt to taste
	Recommendations	
	Mix all and cook and garnish with fresh mint leaves.	
4	**Chicken Mix Herbs**	200
	Ingredients	
	Boneless chicken - 200 g Mix Herbs - 1 tbsp / Lemon - 1 tsp	Salt to taste, Black pepper crushed - 1 tsp / Oil - 1 tsp
	Recommendations	
	Mix all and cook and garnish with fresh mint leaves.	
5	**Fish Sillepe**	150
	Ingredients	
	Fish - 150 g, Butter-1 tsp Ginger Garlic Paste-1tsp Coriander Powder- 2 tsp Dried Mango Powder-1 tsp	Salt-to taste Garam Masala-½ tsp Cumin Powder-1 tsp
	Recommendations	
	Marinate fish with all the above mentioned ingredients for 15 minutes. In a Glass dish cook on microwave mod and serve hot.	
6	**Garlic Green Fish**	500-550
	Ingredients	
	Fish - ½ kg / Ginger - ½ inch long Garlic - 8 to 10 cloves Green Chilies - 2 to 3 Coriander - 1 ½ cup / Onion - 1 (big)	Turmeric - 1 tsp Dried mango powder - 1 tsp Cumin powder - 1 tsp Coriander powder - 1 tsp / Oil - 1 tbsp
	Recommendations	
	Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbsp oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container and serve hot.	
7	**Dry Lentils**	550
	Ingredients	
	Urad Dhuli - ¼ cup Water - ¾ cup (150 ml) Ginger Paste - ½ tsp / Oil - ½ tbsp Salt to taste / Turmeric - ¼ tsp	Red Chili Powder - ¼ tsp Dry Mango Powder - ¼ tsp Coriander powder - ¼ tsp Green Chili - 1 slit Fresh coriander to garnish
	Recommendations	
	Put all the ingredients in microwave safe glass bowl cover with clear foil and make small hole to release steam. Cook and leave for 3 minutes standing time and serve hot.	

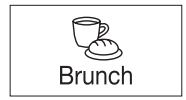
GW732KD-B_XTL_DE68-03917H-01_EN.indd 18 2014-05-16 5:56:42

Code	Food	Serving size
8	**Steamed Vegetables**	200
	Ingredients	
	Mix Vegetables - 1 cup (peas, cauliflower, carrot Beans, Sweet corns etc) Lemon Juice - 1 tbsp	Black Pepper - ½ tsp Rock Salt - ½ tsp Salt as required / Water - ½ cup
	Recommendations	
	Pour water in the power steam bowl and place the vegetables on strainer, cover and cook for 8 minutes at microwave mod. Add all the ingredients and serve hot	
9	**Fettucine with Pumpkin**	250
	Ingredients	
	Green Fettuccine - 3 Bunches Pumpkin - 1 ½ cup chopped Butter - 2 tbsp / Oregano - 1 tsp Milk - ½ cup / Cream - 1 tbsp Onion - half (sliced)	Pepper - ½ tsp Nutmeg - ½ tsp (grated) Parsley - 1 tsp Red chili flakes - ¼ tsp Salt to taste
	Recommendations	
	In a bowl add boiled fettuccine and pumpkin puree with all the ingredients and cook and sprinkle grated nutmeg.	
10	**Bow with Walnut Sauce**	400-450
	Ingredients	
	Bow Pasta - 1 ½ cup (boiled) Walnut - ¼ cup Butter - 2 tbsp / Basil - ½ cup Onion - 1 chopped Tomato - 1	Thin Cream - ¼ cup Cheddar Cheese - 4 tbsp (grated) Milk - ¼ cup Pepper - ¼ tsp Salt to taste
	Recommendations	
	Grind the walnuts with a little water, in to a smooth paste. Mix all the ingredients in a dish and cook and serve hot.	

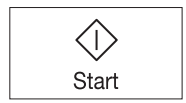
USING THE BRUNCH FEATURE

The Auto Brunch feature has ten pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Brunch** (🍵) button once or more times.



2. Press the **Start** (⏀) button.



Result : Cooking starts. When it has finished:
1) The oven beeps four times.
2) The end reminder signal will beep 3 times. (once every minute)
3) The current time is displayed again.

Use only recipients that are microwave-safe.

ENGLISH

GW732KD-B_XTL_DE68-03917H-01_EN.indd 19 2014-05-16 5:56:43

BRUNCH SETTINGS

The following table presents the various Brunch Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size
1	**Garlic Bread**	6 slices
	Ingredients	
	French Bread - 1 loaf Softened Butter - 6 tbsp Mozzarella Cheese - ½ cup (grated) Garlic - 3 to 4 cloves crushed	Black pepper powder - ¼ tsp Red Chili Flakes - ½ tsp Oregano - ½ tsp / Salt one pinch
	Recommendations	
	Cut the loaf into diagonal slices. In a bowl add all the ingredients and mix well. Spread the mixture over slices evenly at both the sides. Grease the crusty plate with few drops of olive oil and place the slices. Cook with high rack.	
2	**Poha**	220-250
	Ingredients	
	Flaked Rice (Poha) - 200 g Onion - 1 (chopped) / Boiled Peas - ½ cup / Green chilies - 2 to 3 (chopped) Curry Leaves - 5 to 6 Mustered Seeds - 1 tsp	Oil - ½ tbsp / Asafetida (hing) - 1 pinch / Turmeric - ¼ tsp Roasted Peanuts - 1 tbsp Roasted Almonds - 1 tbsp Pepper - 1 tsp / Salt to taste
	< Recommendations >	
	Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a container mix all the ingredients well and cover it with clear foil, make a small hole to release steam. Cook and serve hot with mint chutney.	
3	**Oat Daliya**	100-120
	Ingredients	
	Daliya (Cracked Wheat) - ¼ cup (Soaked in water for at least 1 hour) / Oats - ¼ cup Boiled Peas - ¼ cup / Oil - 2 tbsp Green Chili - 1 (deseeded) Small Potato - 1 (finely chopped in to thin pieces) Black Pepper Powder - ¼ tsp (crushed) Ginger - 1 tsp (finely chopped)	Green Cardamom - 1 (crushed) Turmeric Powder - ¼ tsp Red Chili Powder - ¼ tsp Lemon Juice - 1 ½ tsp Coriander - 2 tbsp / Bay Leaf - 1 Garam Masala - ¼ tsp Water - ½ cup / Salt to taste
	Recommendations	
	In a glass bowl mix all the ingredients and cover it with a lid keep it slightly open to release steam. Serve hot with Mint Chutney. Keep it for 4 minutes as standing time	
4	**Hakka Noodles**	300-350
	Ingredients	
	Hakka Noodles - ¼ Packet Oil - 2 tsp / Cabbage - ¼ cup Onion -¼ cup sliced Capsicum - ¼ cup sliced	Carrot Julian - ¼ cup Soya Sauce - 1tsp / Ajinomoto - ¼ tsp Salt to taste / White Vinegar - ½ tbsp
	Recommendations	
	In a microwave safe glass dish add boiled hakka noodles and all the ingredients except vinegar. Cook add vinegar serve hot.	
5	**Potato Chaat**	150-200
	Ingredients	
	Boiled Potatoes - 2 Rock Salt - ¼ tsp Salt - a pinch	Chaat Masala - ½ tsp Red Chili Powder - a pinch Lemon Juice - 1 tbsp
	Recommendations	
	Mix all the ingredients and cook in crusty plate.	
6	**Omelet**	1
	Ingredients	
	Egg - 2 / Chopped Onion - ½ tbsp Chopped Capsicum - ½ tbsp Chopped Mushroom - ½ tbsp	Grated Cream Cheese - ½ tbsp Salt to taste / Oil - 2 tsp Black Pepper powder -¼ tsp
	Recommendations	
	Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the glass dish evenly and spread the mixture evenly. Cook and serve hot.	
7	**Veggie Idli**	15 to 20
	Ingredients	
	Semolina - 100 g Curd - 200 g Capsicum - ¼ cup (fine chopped) Onion - ¼ cup (fine chopped) Tomatoes - ¼ cup (Fine chopped)	Salt to taste, Regular Eno - 1 ½ tsp Curry Leaves - 3 to 4 Mustered Seeds - ½ tsp Oil for greasing Water for steaming
	Recommendations	
	Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the moulds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.	

GW732KD-B_XTL_DE68-03917H-01_EN.indd 20 2014-05-16 5:56:43

Code	Food	Serving size
8	**Kasoori Paneer Tikka**	300-350
	Ingredients	
	Cottage cheese (paneer) - 250 g Green chillies - 3 Peeled Ginger - 1/2 inch piece Peeled Garlic - 5 cloves Hung yogurt - 3/4 cup Green chutney - 2 tbsp Turmeric powder - 1/4 tsp Carom seeds (ajwain) - 1/2 tsp Garam masala powder - 1 tsp	Chaat masala - 1 tsp Kasoori methi(powder) - 2 tbsp Roasted chana dal(powder) - 2 tbsp Fresh cream - 1/4 cup Salt to taste Mustard oil - 2 tbsp Lemon juice - 2 tbsp Oil - 2 tbsp
	Recommendations	
	Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil.Skewer the cottage cheese and place on greased crusty plate and put few drops of cooking oil over the tikka and cook on high rack. Arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.	
9	**Chicken Malai Tikka**	550-600
	Ingredients	
	Boneless Chicken - 500 g Lemon juice - 2 tsp Salt to taste / Yogurt - 3 tbsp Butter - 50 g Double cream - 2 tbsp Garlic Paste - 1 ½ tbsp	Green cardamoms seeds - 3 to 4 Ground cumin - 1 tsp Freshly grated nutmeg - 1/2 tsp Green finger chillies chopped - 3 to 4 / Oil - 2 tbsp Cheddar cheese - 3 tbsp
	Recommendations	
	Sprinkle lemon juice and salt over the chicken pieces, cover and set aside. Mix the yogurt, half the butter, the cream, Ginger Garlic, cardamoms, cumin, nutmeg, chillies, the oil, and cheese and blend into a smooth paste. Pour over the chicken, making sure it is all well coated, and marinate the meat for 1 hour, covered, in the refrigerator. Skewer the chicken and cook.	

Code	Food	Serving size
10	**Oat Toast**	150-200
	Ingredients	
	Roasted Oats - ¼ cup Bread Slices - 2 Curd - ¼ cup Capsicum - ½ tbsp (chopped) Carrot - ½ tbsp (grated)	Cumin Powder - 1 pinch (roasted) Salt to taste Black pepper powder to taste Tomato ketchup - 1 tbsp Butter
	Recommendations	
	Butter the slices lightly. Keep aside. Mix all the ingredients and spread on slices and cook.	

GW732KD-B_XTL_DE68-03917H-01_EN.indd 21 2014-05-16 5:56:43

USING THE AUTO RAPID DEFROST FEATURE

The Auto Rapid Defrost feature enables you to defrost meat, poultry, fish. The defrost time and power level are set automatically.
You simply select the programme and the weight.

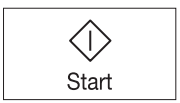
Use only dishes that are microwave-safe.

First, place the frozen food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Rapid Defrost** ( ) button one or more times. (Refer to the table on the opposite page for further details)

2. Select the food weight by pressing the **100g** button. It is possible to set up to a maximum of 1500 g.

3. Press the **Start** ( ) button.



Result :

- Defrosting begins.
- The oven beeps halfway through defrosting to remind you to turn the food over.
- Press **Start** ( ) button again to finish defrosting.

You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180 W. Refer to the section entitled “Cooking/Reheating” on page 11 for further details.

AUTO RAPID DEFROST SETTINGS

The following table presents the various Auto Rapid Defrost programmes, quantities, standing times and appropriate recommendations.
Remove all kinds of package material before defrosting. Place meat, poultry, fish and fruit/Berry on a ceramic plate.

Code/Food	Portion	Standing time	Recommendations
1. Meat	200-1500 g	20-90 min.	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat.
2. Poultry	200-1500 g	20-90 min.	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3. Fish	200-1500 g	20-80 min.	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.
4. Fruit/Berry	100-600 g	5-20 min.	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits.

Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 32.

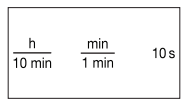
GW732KD-B_XTL_DE68-03917H-01_EN.indd 22 2014-05-16 5:56:43

GRILLING

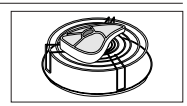
The grill enables you to heat and brown food quickly, without using microwaves. To this aim, a grill rack is supplied with your microwave oven.

1. Preheat the grill to the required temperature, by pressing the **Grill** (⋂⋂), time settng (**10 min**, **1 min** and **10 s**) and **Start** (◇) button.

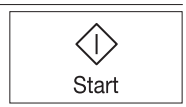
2. Open the door and place the food on the rack.



3. Place the food on the rack in the oven. Press the **Grill** (⋂⋂) button. Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons. (The maximun grilling time is 60 minute.)



4. Press the **Start** (◇) button.



Result : The oven light comes on and the turntable starts rotating.

1) Cooking starts and when it has finished the oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.

Always use oven gloves when touching the dishes in the oven, as they will be very hot.

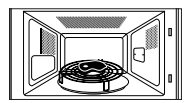
COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

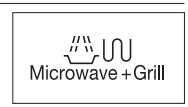
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Open the oven door by pushing the large button in the bottom right-hand corner of the control panel. Place the food on the rack and the rack on the turntable. Close the door.



2. Press the **Combi** (⋂⋂) button.



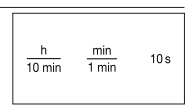
Result : The following indications are displayed:

⋂⋂ (microwave and grill mode)
600 W (out power)

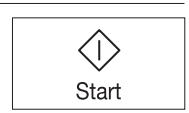
Select the appropriate **power level** by pressing the **Combi** (⋂⋂) button again until the corresponding power level is displayed.

You cannot set the temperature of the grill.

3. Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons. The maximum cooking time is 60 minutes.



4. Press the **Start** (◇) button.



Result : Combination cooking starts. When it has finished.

1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

The maximum microwave power for the combined microwave and grill mode is 600 W.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 23 2014-05-16 5:56:44

MULTISTAGE COOKING

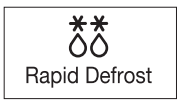
Your microwave oven can be programmed to cook food up to three stages.

Example: You wish to defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 500 g fish in three stages:

- Defrosting
- Cook I
- Cook II

You can set between two and three stages in multistage cooking.
If you set three stage, the first stage must be defrosting.
Don't press **Start** (◇) button until you've set the final stage.

1. Press the **Rapid Defrost** (❄❄) button once or more times.

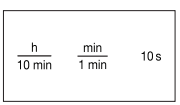


2. Set the weight by pressing the **100g** buttons the appropriate number of times (500 g in the example).

3. Press the **Power Level** (🍲) button.
The microwave mode (I) :

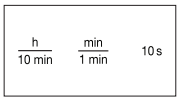
🍲 ; if necessary, set the power level by pressing the **Power Level** (🍲) button again one or more times (600 W in the example).

4. Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons the appropiate number of times (4 minutes in the example).

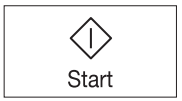


5. Press the **Grill** (⋒) button.
The grill mode (II):

6. Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons the appropiate number of times (5 minutes in the example).
(The maximun grilling time is 60 minutes)



7. Press the **Start** (◇) button.



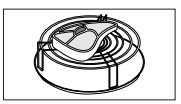
Result : The three modes [defrosting and cooking (I, II)] are selected one after the other. According to the defrosting mode that you have chosen, the oven may beep halfway through defrosting to remind you to turn the food over. When cooking is over, the oven beeps four times.

- The end reminder signal will beep 3 times (once every minute).
- The current time is displayed again.

CHOOSING THE ACCESSORIES

Use microwave-safe recipients; do not use plastic containers, dishes, paper cups, towels, etc.

If you wish to select the combined cooking mode (grill and microwave), use only dishes that are microwave-safe and oven-proof.



For further details on suitable cookware and utensils, refer to the Cookware Guide on page 25-26.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 24 2014-05-16 5:56:44

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

1. Press the **Stop** (⏚) and **Start** (⏀) buttons at the same time.

   Result : The oven will not beep each time you press a button.

2. To switch the beeper back on, press the **Stop** (⏚) and **Start** (⏀) buttons again at the same time.

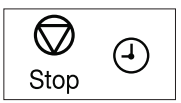
   Result : The oven operates with the beeper on again.

SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

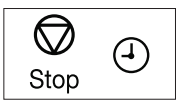
1. Press the **Stop** (⏚) and **Clock** (🕒) buttons at the same time.

   Result : The oven is locked (no functions can be selected).



2. To unlock the oven, press the **Stop** (⏚) and **Clock** (🕒) buttons again at the same time.

   Result : The oven can be used normally.



COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Browning plate	✓	Do not preheat for more than eight minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 25 2014-05-16 5:56:44

Cookware	Microwave-safe	Comments
Glassware		
• Oven-to-table ware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended**
✓✗ **: Use Caution**
✗ **: Unsafe**

GW732KD-B_XTL_DE68-03917H-01_EN.indd 26 2014-05-16 5:56:44

COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	5½-6½	2-3	Add 15 ml (1 tbsp.) cold water.
Broccoli	300 g	600 W	10-11	2-3	Add 15 ml (1 tbsp.) cold water.
Peas	300 g	600 W	8-9	2-3	Add 15 ml (1 tbsp.) cold water.
Green beans	300 g	600 W	10-11	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	300 g	600 W	9-10	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed vegetables (chinese style)	300 g	600 W	8½-9½	2-3	Add 15 ml (1 tbsp.) cold water.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 27 2014-05-16 5:56:44

Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White rice (Parboiled)	250 g	750 W	17-18	5	Add 500 ml cold water.
Brown rice (Parboiled)	250 g	750 W	22-23	5	Add 500 ml cold water.
Brown rice	250 g	750 W	22-23	10	Add 600 ml cold water.
Mixed rice (Rice + wild rice)	250 g	750 W	18-19	5	Add 500 ml cold water.
Mixed corn (Rice + grain)	250 g	750 W	19-20	5	Add 400 ml cold water.
Pasta	250 g	750 W	11-12	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (750 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	5-5½ 8½-9	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250 g	6½-7½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	5-6	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5½-6 9½-10	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg plants	250 g	4½-5	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	5-5½	3	Cut leeks into thick slices.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 28 2014-05-16 5:56:44

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Mushrooms	125 g 250 g	1½-2 3½-4	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5-6	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	5-6 9-10	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250 g	5-5½	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide.
The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 750 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 29 2014-05-16 5:56:45

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns.

Use the power levels and times in the next table as a guide lines for reheating.

Reheating liquids and food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (coffee, milk, tec, water with room temperature)	150 ml (1 cup) 250 ml (1 mug) 500 ml (2 mug)	750 W	1½-2 2-2½ 4-4½	1-2	Pour in to a ceramic cup and reheat uncovered. Place cup 150 ml or mug 250 ml in the centre of turntable, Stir carefully before and after standing time.
Soup (chilled)	250 g 450 g	750 W	3-3½ 4-4½	2-3	Pour into a deep ceramic plate. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	5-6	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (chilled)	350 g	600 W	4-5	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 30 2014-05-16 5:56:45

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Filled pasta with sauce (chilled)	350 g	600 W	4½-5½	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (chilled)	300 g 400 g	600 W	5-6 6-7	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.
Frozen ready meal	300 g 400 g	600 W	11½-12½ 13-14	4	Put microwave proof dish with frozen ready meal (-18 °C) on the turntable. Pierce film or cover with microwave cling film. After reheating stand for 4 minutes.

Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 31 2014-05-16 5:56:45

DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.

Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced beef	500 g	10-12	5-20	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	12-14	15-40	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1000 g	25-28		
Fish				
Fish fillets	250 g (2 pcs)	6-7	5-20	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time!
	400 g (4 pcs)	11-13		
Fruits				
Berries	250 g	6-7	5-10	Distribute fruits on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each ca. 50 g)	2 pcs	1½-2	5-10	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
	4 pcs	3-4		
Toast/sandwich	250 g	4-5		
German bread (wheat + rye flour)	500 g	8-10		

GW732KD-B_XTL_DE68-03917H-01_EN.indd 32 2014-05-16 5:56:45

GRILL

The grill-heating elements are located underneath the ceiling of the cavity. They operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 2-3 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly.
Three combination modes are available with this model:
600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart.
The food must be turned over, if it is to be browned on both sides.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 33 2014-05-16 5:56:45

Grill guide

Preheat the heater with the grill-function for 2-3 minutes before grilling food. Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Cooking mode	1st side time (min.)	2nd side time (min.)	Instructions
Toast slices	4 pcs (4 x 25 g)	Grill only	4-6	3-4	Put the toast slices side by side on the rack.
Bread rolls (already baked)	2-4 pieces	Grill only	2-3	1-2	Put bread rolls first with the bottom side up in a circle directly on the rack.
Grilled tomatoes	250 g (2 pcs)	300 W + Grill	4½-5½	-	Cut tomatoes into halves. Put salt, pepper and some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place dish on the rack.
Toast hawaii	2 pcs (300 g)	300 W + Grill	5-7	-	Toast the bread slices first. Put the toast with topping (ham, pineapple, cheese slices) side by side on the rack. After cooking stand for 2-3 minutes.
Chicken wings (chilled)	400-500 g (6 pcs)	300 W + Grill	11-13	9-11	Prepare chilled chicken pieces such as chicken wings or drumsticks with oil and spices. Put them in a circle on the rack with the bones to the middle. After grilling stand for 2-3 minutes.
Whole chicken	1200 g	450 W + Grill	20-25	15-20	Brush chicken with oil and spices and put breast side down into a pyrex dish. Put dish on turntable. Turn over after first time. After cooking stand for 5 minutes.
Baked potatoes	500 g	450 W + Grill	8-10	-	Cut potatoes into halves and put in a circle on the rack with the cut side to the grill. Brush cut side with olive oil and spices. After grilling stand for 3 minutes.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 34 2014-05-16 5:56:45

Fresh food	Portion	Cooking mode	1st side time (min.)	2nd side time (min.)	Instructions
Frozen pasta	400 g	600 W + Grill	13-15	3-4	Put the frozen pasta (-18 °C), e.g. lasagne or tortellini in a suitable sized glass pyrex dish and set on rack.
Frozen fish gratin	400 g	450 W + Grill	20-22	3-4	Put the frozen fish gratin (-18 °C) in a suitable sized glass pyrex dish and set on rack.
Frozen pizza snacks	250 g (8 pcs)	300 W + Grill	10-12	-	Put the frozen pizza snacks (-18 °C) or mini quiches in a circle on the rack.
Frozen streusel cake	200-250 g (1-2 pcs)	300 W + Grill	3-5	-	Put the frozen cake pieces (-18 °C) side by side on rack. After defrosting stand for 5 minutes.

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 750 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 750 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 750 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 750 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

GW732KD-B_XTL_DE68-03917H-01_EN.indd 35 2014-05-16 5:56:45

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. NEVER use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.

The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

NEVER remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

If you wish to store your oven away temporarily, choose a dry, dust-free place.
Reason : Dust and damp may adversely affect the working parts in the oven.

This microwave oven is not intended for commercial use.

GW732KD-B_XTL_DE68-03917H-01_EN.indd 36 2014-05-16 5:56:45

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to without notice.

Model	GW732KD
Power source	230 V ~ 50 Hz
Power consumption	
Microwave	1100 W
Grill	950 W
Combined mode	2050 W
Output power	100 W / 750 W (IEC-705)
Operating frequency	2450 MHz
Magnetron	OM75S(31)
Cooling method	Cooling fan motor
Dimensions (W x H x D)	
Outside	489 x 275 x 338 mm
Oven cavity	330 x 199 x 309 mm
Volume	20 liter
Weight	
Net	11.5 kg approx

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GW732KD-B_XTL_DE68-03917H-01_EN.indd 37 2014-05-16 5:56:45

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QUESTIONS OR COMMENTS

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This product is RoHS compliant

DE68-03917H-01